



CORNERSTONE™

A SOLID FOUNDATION IN HEALTHCARE

CORNERSTONE RESIDENCE - PREMIER ASSISTED LIVING COMMUNITIES - JUNE 2021

Cornerstone proudly celebrated our Moms on Mother's Day!

There is no role in life that is more essential
than that of motherhood. ~Elder M. Russell Ballard



Cornerstone Residence Newsletter Covers: Cornerstone Residence of Fosston, Cornerstone Residence Senior Care, Cornerstone Residence of Bagley & Cornerstone Residence of Kelliher. "Premier Assisted Living Communities"

Creative people do not see things merely for what they are; they see them for what they can be. ~Julie Israel



← ← This Harry Potter Castle was created using cardboard scraps and other recycled items! We are impressed! Well done William.

He likes to say that he “joked up” his apartment... but we think his intelligence is just having lots of fun! Here he showcases his Donkey Collection. → →



Creativity is intelligence having fun. ~Albert Einstein

CORNERSTONE RESIDENCE OF FOSSTON IS COUNTING BLESSINGS!



May brought many blessings! Pictured are a few of the residents that received fabulous walker bags from the McIntosh Quilters! PLUS - The Magelssen Elementary 21st Century After School Program delivered May Baskets AND - Lengby Sunday School children donated \$200 for us to buy flowers! Thank you ALL for your kindness!



Brandi Knows Best

**Brandi Coyer,
RN Coordinator**

According to the Centers for Disease Control & Prevention (CDC) by the year 2060 24% of our population will be 65 years of age or older. An increase of 7.5% from the 2019 census. As the life expectancy age rises higher it is important for all of us to know the importance of maintaining a healthy mouth. Oral health affects more than just our smile.

It might surprise you to know, according to the American Dental Association, a common cause of medical and emergency room visits is dental disease! Oral health plays a big part in our overall health and quality of life.

According to a 2018 study of three emergency room departments, there is a strong link between malnutrition and poor oral health, as cited by the website of West

Health. Also saying, an estimated 60% of seniors have periodontal [severe gum] disease. Poor oral health can cause tooth decay and loss, which can lead to malnutrition due to an inability to chew and swallow food. The CDC states that currently, 19% of older adults have untreated tooth decay, 1 in 3 have lost six or more teeth, and nearly 1 in 5 older adults have lost all their teeth due to tooth decay or gum disease. Worse yet is the fact that being malnourished can negatively affect the mouth leading to increased risk of gum disease and other health-related problems creating a vicious cycle. Bad bacteria and gum disease have been directly linked to heart disease, an increased risk of stroke, rheumatoid arthritis, oral cancer, bacterial pneumonia, and Alzheimer's disease to name a few.

The good news is there are ways to prevent declining health of our mouth. Brushing twice daily, flossing once daily, while not using any form of tobacco is a

great place to start. However, visiting a dentist at least once a year, even if you have already lost all your teeth, is equally important. An ounce of prevention goes a long way.

Not brushing, flossing, and visiting a dentist are not the only reasons for poor mouth health. Dry mouth is also a culprit that can sabotage our oral health. If you suffer from dry mouth talking to your physician and dentist can help you determine why. Many times, the cause is a prescribed medication. While drinking plenty of water and/or using a mouthwash or mints designed to alleviate dry mouth may be all you need, sometimes it is not enough. Your doctor may be able to prescribe a different medication that does not create dry mouth.

Caring for our mouth will not only help us put our best smile forward but can also help us feel our best as we age. With so much at stake, it is a no brainer! Brush, floss, get regular checkups at the dentist, and for good measure wash behind your ears.

FOLKS AT CORNERSTONE RESIDENCE SENIOR CARE ENJOYING THE THREE C's



COFFEE, COOKIES & CONVERSATION!

DOUBLE CONGRATS TERI!



Cornerstone Residence
30 Sunset Avenue
Bagley, MN. 56621

HAPPY ANNIVERSARY!

Teri has been a hard working Personal Assistant at Cornerstone Residence Senior Care since June 15th 2020!

PLUS - She was awarded a
**Cornerstone
Scholarship**
to attend CNA Training!

We are proud to have
you on our
TEAM!

*Teri plans to attend
RN Schooling*

DOUBLE CONGRATS TO KARRIE!

Not only did she graduate from the RN Program this past month, she also landed a great job as well!

We are honored that you've decided to stay with us.

With you as our newest RN we know our Residents will be well cared for!

Karrie has been the dedicated LPN at Cornerstone Residence of Bagley for almost 6 years! She was one of the first recipients of the Cornerstone RN Scholarship.

